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18. Sandwich insert according to claim 13, wherein the stud is surrounded at least in part by the plastics cover.

19. Sandwich insert according to claim 13, wherein the cross section of the stud forms an n-sided body, preferably with $n = 2, 4, 5$ or 6 .

20. Sandwich insert according to claim 13, wherein the cross section of the stud forms a polygon.

21. Sandwich insert according to claim 13, wherein the cross section of the stud is oval.

22. Sandwich insert according to claim 13, wherein the sliding cup is of a spherical or a stepped structural form on its outside.

23. Sandwich insert according to claim 13, wherein the plastics cover embraces the sliding cup at its open end.

24. Sandwich insert according to claim 13, wherein the sliding cup is pressed into the plastics cover.